



USER'S MANUAL

Folding Treadmill

E-S6

THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.



Before You Start

- ⚠ Please read all instructions carefully.
- ⚠ Retain instructions for future reference.
- ⚠ Separate and count all parts and hardware.
- ⚠ Read through each step carefully and follow the proper order.
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⚠ Always place the product on a flat, steady and stable surface.
- ⚠ Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

Safety Precautions

NOTE: Please read the instruction carefully before using the treadmill and pay attention to the following safety precautions.

- ★ The treadmill is suitable to be placed indoors to avoid moisture. Do not splash water on the treadmill, and do not place any foreign objects.
- ★ Before exercising, please wear suitable sportswear, sports shoes, and stretch your whole body. It is strictly forbidden to exercise barefoot on the treadmill.
- ★ The power plug must be grounded, and the socket must have a dedicated loop to avoid sharing it with other electrical equipment.
- ★ Keep children away from the machine to avoid accidents.
- ★ It is necessary to avoid long-time and overload operation, otherwise it will cause damage to the motor and controller, accelerate the wear and aging of the bearings, running belt, and running board. Please keep regular maintenance.
- ★ Reduce indoor dust, maintain a certain indoor humidity, and avoid strong static electricity, otherwise it may interfere with the normal operation of the electronic watch and controller.
- ★ Please turn off the power of the treadmill after exercise.
- ★ When using the treadmill, keep good indoor air circulation.
- ★ Please fasten the safety lock cable clip to your clothes during exercise to prevent safe shutdown in an emergency.
- ★ If you feel uncomfortable or abnormal during use, please stop exercising and consult a doctor.
- ★ Please put silicone oil in a place out of the reach of children to avoid serious consequences caused by accidental ingestion after using the silicone oil.
- ★ The safe area behind the treadmill is: 100 x 200cm.
- ★ Emergency jump off: While holding the armrests with both hands to prop up your body, step on the side rails with your feet and jump off the treadmill from one side.

Warning: Please observe the following regulations in order to reduce accidents or injuries to others.

- ★ Please check whether your clothing is properly worn or zipped before use.
- ★ Don't wear clothes that can get caught on the treadmill.
- ★ Do not place the power cord near a hot object.
- ★ Keep children away from the treadmill.
- ★ Don't use the treadmill outdoors.
- ★ The power must be cut off before moving treadmill.
- ★ Non-professional personnel shall not open the upper guard cover and the left and right rear housing without authorization.
- ★ Only one person can exercise on the treadmill when the machine starts.
- ★ Please stop exercising immediately and consult a fitness instructor when you feel dizziness, chest pain, nausea or shortness of breath during exercise.

Warning! Enforcement!

If you are being treated by a doctor or you are the following patients, please be sure to consult a professional doctor before using the product.

- (1) People who are suffering from back pain or who have suffered injuries to their legs, waist, and neck in the past. People with numbness in the legs, waist, neck and hands (people with herniated discs, spondylolisthesis, cervical spine herniation, etc.).
- (2) Having deformed sex arthritis, rheumatism, gout.
- (3) Abnormal people with osteoporosis.
- (4) Having circulatory system obstacle (disease of heart, blood-vessel hypertension).
- (5) Having difficulty in breathing.
- (6) Using artificial pacemakers or implantable medical electronic devices.
- (7) Having malignant tumors.

(8) Having thrombosis or serious dynamic environment tumor, acute environment tumor and other blood circulation disorders or a variety of skin infections and other symptoms.

(9) Having perceptual disabilities caused by diabetes and high peripheral circulation disorders.

(10) Having skin injuries.

(11) Having a high fever (38°C or above).

(12) Having abnormal dorsal bones or crooked dorsal bones.

(13) Having pregnancy or possible pregnancy or menstruation.

(14) Feeling abnormal and have to rest.

(15) Poor physical condition obviously.

(16) Users for rehabilitation purposes.

(17) Feeling uncomfortable in a certain region of the body except the above circumstances.

—may cause an accident or poor physical condition.

- ◆ Please stop using immediately and consult your doctor when you feel pain in your back, numbness in your legs, dizziness, abnormal heartbeats and other body aches that are different from normal or poor coordination or other abnormal feelings during exercise.
- ◆ Do not allow children to use or play around the product.
If not followed, there may be a risk of injury.
- ◆ Do not allow children to play with this product for child protectors.
If not followed, there may be a risk of injury.
- ◆ Please make sure if there is person or pet around (rear, lower, front) during using or taking out product.

Prohibition

• Do not use it in the state when the outer shell of the product is cracked, or detached (the internal structure is exposed), or the welded part is detached.

—Otherwise, it's easy to cause accident or injury.

- Do not jump up or down during exercise.
—It's likely to fall or cause injury.
- Do not use or keep it in damp places such as outdoors or near the bathroom, or in places where water drops are caught.
- Do not use or keep in places with direct sunlight such as high-temperature places or around the stove and heating appliances or electric heating carpets.
—Otherwise, it's easy to cause electricity leakage or fire.
- Do not use when the power cord or plug is damaged or the socket is loose.
—Otherwise, it's easy to cause electric shock, short circuit and fire.
- Do not damage or forcibly bend or twist the power cord. At the same time, do not place heavy objects on it. or not let the line be clamped.
—Otherwise, it's easy to cause fire or electric shock
- Do not use it with two or more people at the same time. Do not let the people around get close when using.
—Otherwise, it's easy to cause accident and injuries from falls.
- Do not use it if you can't express consciousness by yourself or operation.
—It's likely to cause accident or injury.

Do Not Disassemble the Treadmill

- Disassembly, repair or re-election are strictly prohibited.
—There is a risk of injury due to mechanical failure.

Avoid Touching with Water

- Do not spray water or other conductive liquid on main body or operation part.
—It may cause electric shock and fire.

Prohibition

- People who don't usually exercise shouldn't suddenly do strenuous exercise.
—It may cause harm to health.
- Do not use after eating or when you are tired. Especially after exercising or when you are in an abnormal physical state.
—It may cause harm to health.
- This product is suitable for the home use, do not use in the school, the gymnasium, or for non-specific users.
—There would be injury risk.
- Do not use when eating, drinking, or doing other activities.
- Do not use it after drinking until you feel sluggish.
—it's easy to cause accident or injury.
- Do not use it with something hard in your pants pocket.
—it's easy to cause accident or injury.
- Do not use the power plug with needles, garbage or water.
—It may cause electric shock, short circuit and fire.
- Do not pull out the power plug or switch the power switch to "off" during use.
—It may cause injury.

Never Use it with Wet Hands

- Do not pull out or insert the power plug with wet hands.
—It's likely to cause electric shock or injury.

Pull out the Power Plug

- Please pull out the power plug from socket when you don't use it.
—Dust and moisture make its insulation deteriorate and lead to electricity leakage and fire.
- Please be sure to pull the power plug from the socket during maintenance.
—Failure to comply may result in electric shock or injury.

- Please stop using it if the device does not start or runs abnormally. Immediately pull out the power plug and entrust inspection and repair.
—Failure to comply may result in electric shock or injury.
- Pull out the power plug immediately in case of power failure.
—Otherwise it may cause accident or injury when the power restored.
- Do not hold the cable tightly. Hold the power plug to pull out the plug.
—Otherwise, it may cause short circuit, electric shock and fire.

Grounding Instructions

- The product must be grounded. Grounding provides the channel with the least resistance to current to minimize the risk of electric shock if the function of this machine does not work normally.
- This product is equipped with a grounded conductor and a plug for the device. The plug must be properly installed, grounded and plugged into an appropriate electrical outlet in accordance with local codes or regulations.

Danger!

- There is a risk of electric shock if the device is not properly grounded. Please contact an electrician to check if the grounding of the product is correct. If the plug does not fit into the socket, it can not be changed. Please inform a qualified electrician with the installation of a suitable socket.
- This product has a grounding plug. Make sure that the product is connected to an outlet of the same shape, this product can not be used with an adapter socket.